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WHAT IS CLAIMED IS:

1. A streaming method in which a server transmits stream data to a terminal over a network, and the terminal plays back the stream data while receiving the same, said method comprising:

a target value determination step of determining, by the terminal, a target value of the stream data to be stored in a buffer of the terminal in relation to a buffer capacity and a transmission capacity of the network,

a delay time determination step of arbitrarily determining a delay time from when the terminal writes head data of the stream data to the buffer to when the terminal reads the data to start playback, by the terminal, in a range not exceeding a value obtained by dividing the buffer capacity by the transmission capacity;

a step of notifying, by the terminal, the determined target value and the delay time to the server; and

a control step of controlling a transmission speed based on the notified target value and the delay time when the server transmits the stream data to the terminal over the network.

2. The streaming method according to claim 1, wherein in said control step, the server controls the transmission speed so that an amount of the stream data stored in the buffer of the

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terminal changes in the vicinity of the target value without exceeding the target value.

- 3. The streaming method according to claim 2, wherein in said control step, the server estimates and calculates the amount of the stream data stored in the buffer of the terminal based on the transmission speed, the delay time, and a speed of the terminal decoding the stream data.
- 4. The streaming method according to claim 1, further comprising:

a detection step of detecting, by the terminal, that the transmission capacity of the network exceeds a predetermined threshold value;

a target value change step of changing, by the terminal, the target value based on a result detected in said detection step; and

a step of notifying, by the terminal, a new target value after the change to the server, wherein

in said control step, when receiving the new target value after the change, the server controls the transmission speed so that the amount of the stream data stored in the buffer of the terminal changes in the vicinity of the new target value after the change without exceeding the new target value after the change.

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5. The streaming method according to claim 4, wherein in said detection step, when detecting the transmission capacity of the network as being fall short of a first threshold value, the terminal controls the target value to be increased in said target value change step, and

in said control step, responding to the target value as being increased, the server controls the transmission speed to be increased.

- 6. The streaming method according to claim 5, wherein the first threshold value is approximately a median value of an achievable maximum transmission capacity and a transmission capacity with which a stream data transfer loss starts occurring.
- 7. The streaming method according to claim 4, wherein in said detection step, when detecting that the transmission capacity of the network as being fall short of a second threshold value which is smaller than the first threshold value, the terminal controls the target value to be decreased in said target value change step, and

in said control step, responding to the target value as being decreased, the server controls the transmission speed to be decreased.

The streaming method according to claim 7, wherein

the second threshold value is a value corresponding to the transmission capacity with which the stream data transfer loss starts occurring.

- 9. The streaming method according to claim 8, wherein when the terminal controls the target value to be decreased in said target value change step, in said control step, the server controls the transmission speed to be decreased by comparing a presentation time of every frame structuring the stream data to be transmitted with a current time, and skipping transmitting any frame whose presentation time is older than the current time.
- 10. The streaming method according to claim 8, wherein when the terminal controls the target value to be decreased in said target value change step, in said control step, the server
- 5 compares a priority level of every frame structuring the stream data to be transmitted with a reference value,

skips transmitting every frame whose priority level is lower than the reference value, and

for any frame whose priority level is higher than

the reference value, compares every presentation time with the

current time, and skips transmitting any frame whose presentation

time is older than the current time.

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11. A system including a server for transmitting stream data over a network, and a terminal for playing back the stream data while receiving the same,

said terminal comprises:

target value determination means for determining a target value of stream data to be stored in a buffer of the terminal in relation to a buffer capacity and a transmission capacity of the network;

delay time determination means for arbitrarily determining, in a range not exceeding a value obtained by dividing the buffer capacity by the transmission capacity, a delay time from when the terminal writes head data of the stream data to the buffer to when the terminal reads the data to start playback; and

means for notifying the determined target value and the delay time to the server; and

said server comprises control means for controlling a transmission speed based on the notified target value and the delay time when transmitting the stream data to the terminal over the network.

12. A terminal working with a server for transmitting stream data over a network, and playing back the stream data while receiving the same, and

said server comprises control means for controlling a transmission speed based on a target value and a delay time when

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transmitting the stream data to the terminal over the network, and

said terminal comprises:

target value determination means for determining the target value of the stream data to be stored in a in relation to a buffer capacity of the terminal and a transmission capacity of the network;

delay time determination means for arbitrarily determining, in a range not exceeding a value obtained by dividing the buffer capacity by the transmission capacity, the delay time from when the terminal writes head data of the stream data to the buffer to when the terminal reads the data to start playback; and

means for notifying the determined target value and the delay time to the server.

13. A server for transmitting stream data over a network, and working together with a terminal for playing back the stream data while receiving the same,

said terminal comprises:

target value determination means for determining a target value of the stream data to be stored in a buffer of the terminal in relation to a buffer capacity and a transmission capacity of the network;

delay time determination means for arbitrarily

determining, in a range not exceeding a value obtained by dividing the buffer capacity by the transmission capacity, a delay time from when the terminal writes head data of the stream data to the buffer to when the terminal reads the data to start playback; and

means for notifying the determined target value and

15 the delay time to the server; and

said server comprises control means for controlling a transmission speed based on the notified target value and the delay time when the server transmits the stream data to the terminal over the network, wherein

said control means controls the transmission speed so that the amount of the stream data stored in the buffer of the terminal changes in the vicinity of the target value without exceeding the target value.

- 14. A program describing a streaming method in which a server transmits stream data to a terminal through a network, and the terminal plays back the stream data while receiving the same, said method comprising:
- a target value determination step of determining, by the terminal, a target value of the stream data to be stored in a buffer of the terminal in relation to a buffer capacity and a transmission capacity of the network,
- a delay time determination step of arbitrarily determining, by the terminal, in a range not exceeding a value

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obtained by dividing the buffer capacity by the transmission capacity, a delay time from when the terminal writes head data of the stream data to the buffer to when the terminal reads the data to start playback;

a step of notifying, by the terminal, the determined target value and the delay time to the server; and

a control step of controlling a transmission speed based on the notified target value and the delay time when the server transmits the stream data to the terminal over the network.

15. A recording medium on which a program is recorded, and the program describes a streaming method in which a server transmits stream data to a terminal through a network, and the terminal plays back the stream data while receiving the same, said program comprising:

a target value determination step of determining, by the terminal, a target value of the stream data to be stored in a buffer of the terminal in relation to a buffer capacity and a transmission capacity of the network,

a delay time determination step of arbitrarily determining, by the terminal, in a range not exceeding a value obtained by dividing the buffer capacity by the transmission capacity, a delay time from when the terminal writes head data of the stream data to the buffer to when the terminal reads the data to start playback;

a step of notifying, by the terminal, the determined target value and the delay time to the server; and

a control step of controlling a transmission speed based on the notified target value and the delay time when the server transmits the stream data to the terminal over the network.